

Full Report (All Nutrients) 09059, Breadfruit, raw

Report Date: June 29, 2017 23:29 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Refuse:22% Refuse Description: 9% core, 13% skin

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 220g	0.25 fruit, small 96g
Proximates						
Water	g	70.65	1	--	155.43	67.82
Energy	kcal	103	--	--	227	99
Energy	kJ	431	--	--	948	414
Protein	g	1.07	2	--	2.35	1.03
Total lipid (fat)	g	0.23	2	--	0.51	0.22
Ash	g	0.93	2	--	2.05	0.89
Carbohydrate, by difference	g	27.12	--	--	59.66	26.04
Fiber, total dietary	g	4.9	--	--	10.8	4.7
Sugars, total	g	11.00	--	--	24.20	10.56
Minerals						
Calcium, Ca	mg	17	2	--	37	16
Iron, Fe	mg	0.54	2	--	1.19	0.52
Magnesium, Mg	mg	25	2	--	55	24
Phosphorus, P	mg	30	2	--	66	29
Potassium, K	mg	490	2	--	1078	470
Sodium, Na	mg	2	2	--	4	2
Zinc, Zn	mg	0.12	1	--	0.26	0.12
Copper, Cu	mg	0.084	1	--	0.185	0.081
Manganese, Mn	mg	0.060	1	--	0.132	0.058
Selenium, Se	µg	0.6	--	--	1.3	0.6

Vitamins

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 220g	0.25 fruit, small 96g
Vitamin C, total ascorbic acid	mg	29.0	--	--	63.8	27.8
Thiamin	mg	0.110	--	--	0.242	0.106
Riboflavin	mg	0.030	--	--	0.066	0.029
Niacin	mg	0.900	--	--	1.980	0.864
Pantothenic acid	mg	0.457	--	--	1.005	0.439
Vitamin B-6	mg	0.100	--	--	0.220	0.096
Folate, total	µg	14	--	--	31	13
Folic acid	µg	0	--	--	0	0
Folate, food	µg	14	--	--	31	13
Folate, DFE	µg	14	--	--	31	13
Choline, total	mg	9.8	--	--	21.6	9.4
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE 1	µg	0	2	--	0	0
Retinol	µg	0	--	--	0	0
Carotene, beta 1	µg	0	2	--	0	0
Carotene, alpha 1	µg	0	2	--	0	0
Cryptoxanthin, beta 1	µg	0	2	--	0	0
Vitamin A, IU 1	IU	0	2	--	0	0
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	22	--	--	48	21
Vitamin E (alpha-tocopherol)	mg	0.10	--	--	0.22	0.10
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone)	µg	0.5	--	--	1.1	0.5
Lipids						
Fatty acids, total saturated	g	0.048	--	--	0.106	0.046
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 220g	0.25 fruit, small 96g
14:0	g	0.000	--	--	0.000	0.000
16:0	g	0.031	--	--	0.068	0.030
18:0	g	0.017	--	--	0.037	0.016
Fatty acids, total monounsaturated	g	0.034	--	--	0.075	0.033
16:1 undifferentiated	g	0.002	--	--	0.004	0.002
18:1 undifferentiated	g	0.032	--	--	0.070	0.031
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.066	--	--	0.145	0.063
18:2 undifferentiated	g	0.048	--	--	0.106	0.046
18:3 undifferentiated	g	0.018	--	--	0.040	0.017
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Amino Acids						
Threonine	g	0.052	1	--	0.114	0.050
Isoleucine	g	0.064	1	--	0.141	0.061
Leucine	g	0.065	1	--	0.143	0.062
Lysine	g	0.037	1	--	0.081	0.036
Methionine	g	0.010	1	--	0.022	0.010
Cystine	g	0.009	1	--	0.020	0.009
Phenylalanine	g	0.026	1	--	0.057	0.025
Tyrosine	g	0.019	1	--	0.042	0.018
Valine	g	0.047	1	--	0.103	0.045
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0

Sources of Data

¹A Homnava, W Rogers, R R Eitenmiller **Provitamin A activity of specialty fruit marketed in the United States.**, 1990 J. Food Composition and Analysis 3 pp.119-133